

Before We Start

- Q&A Box on the right
- PowerPoint available for download at the end
- Poll questions at the end are helpful! Thank you!
- Don't forget to take the post-test! (use the same link that you accessed the webinar with)
- Email Brittany with any questions or concerns (bsnyder@utah.gov)

Disclosures

- The Western Multi-State Division is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- Participants must complete the pre-test, attend the entire live event, and complete the post-test with a score of 80% or greater to earn one contact hour.
- No conflicts of interest are involved in this series. This includes no content relevant to commercial interest and no presence of commercial support.

E-cigarettes: What Healthcare Professionals Need to Know

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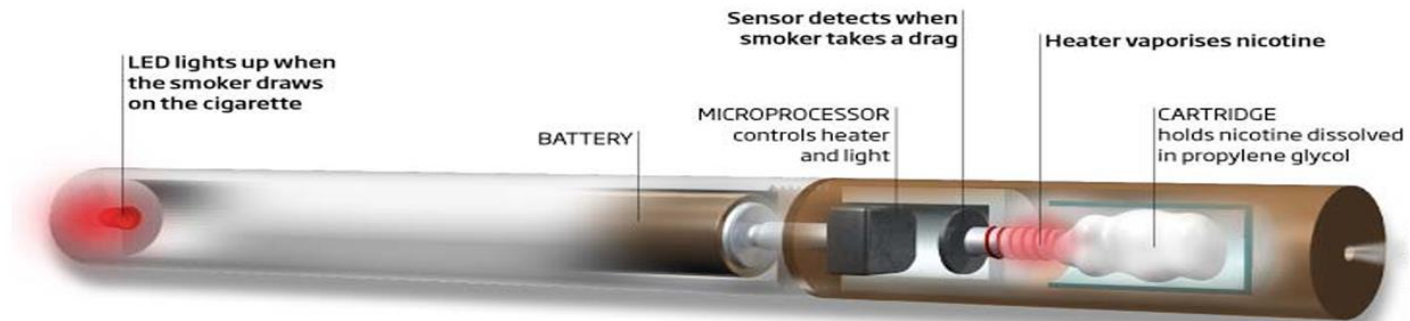
Learner Outcomes

- Participants will be able to list the risks of e-cigarettes
- Participants will be able to describe evidence-based tobacco cessation interventions
- Participants will be able to name three tobacco cessation resources

Electronic Nicotine Delivery Systems (ENDS)



Upon inhalation the heater known as the atomiser vaporises the nicotine solution turning it into vapour. The user in turn inhales this to get the similar nicotine hit as a normal cigarette, and a real smoking satisfaction.



What's in the liquid?

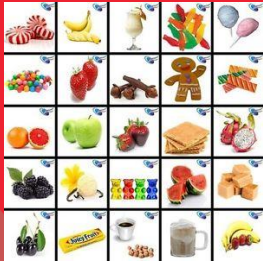


E-cigarette liquid includes:

- 1.) Water
- 2.) Flavoring
- 3.) Nicotine (Not always, but most of the time)
- 4.) Propylene Glycol (OR)
- 5.) Vegetable Glycerin

Vaping Groups

Flavorist



Trickster



Cloud
Chaser



Hobbyist



Fadding

Quitter



Examples of Custom Personal Vapors



“Novelty” Products



State and Local Regulations

- Minimum sale age of 19
- No Internet sales
- No free gifts to the public
- Included in the Utah Indoor Clean Air Act
- Vape Shop location restrictions
- Restrictions on the amount of nicotine in the e-liquid mixture

Federal Regulations

- Minimum sale age of 18
- Vending machines in adult only businesses
- No free samples
- No False advertising
- Child resistant packaging
- Safety warning
- Manufacturer registration
- Pre-market review

Utah Legislative Efforts in 2017?

Utah Youth Outrage — Tobacco 21, Flavor Restrictions

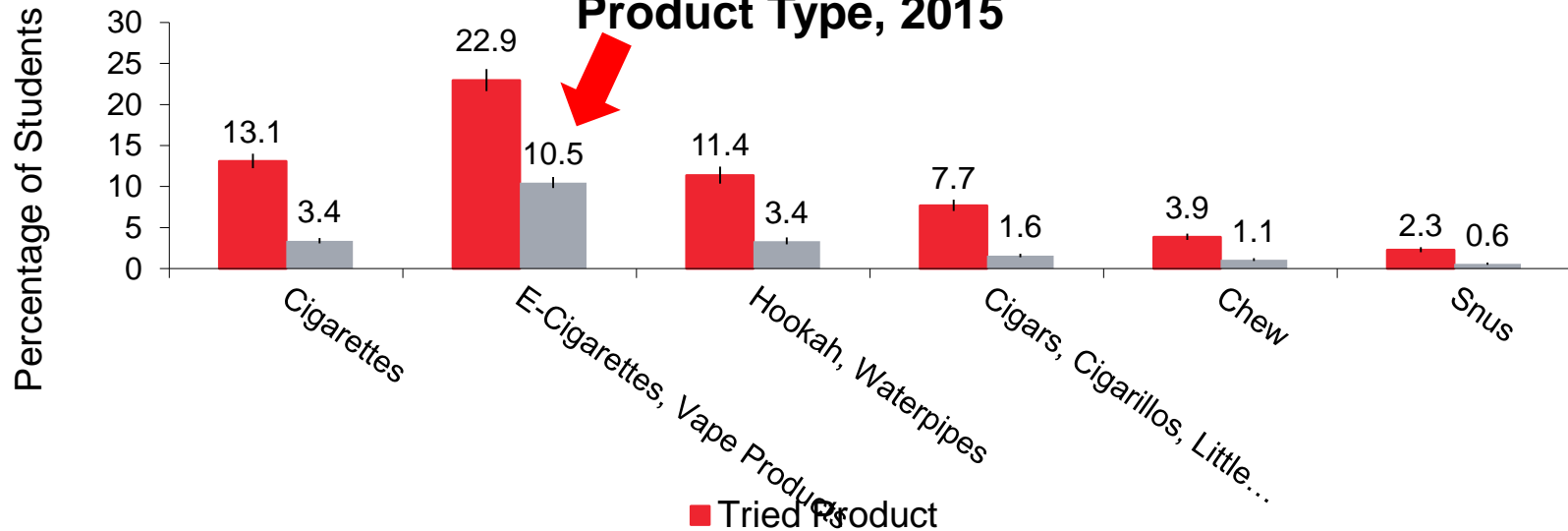
Utah Tobacco-Free Alliance — Tobacco 21, Taxation

Representative Steve Eliason — Tobacco 21

Representative Paul Ray - Taxation

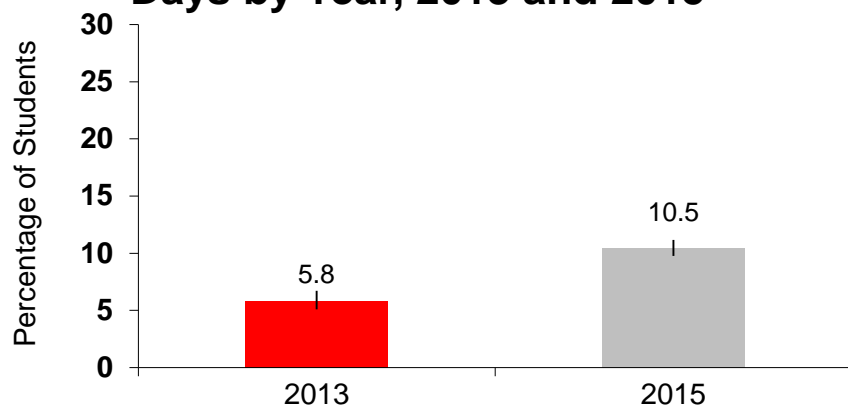
Why are we concerned?

Percent of Utah Students in Grades 8, 10, and 12 Who Tried or Used Tobacco Products in the Past 30 Days by Product Type, 2015

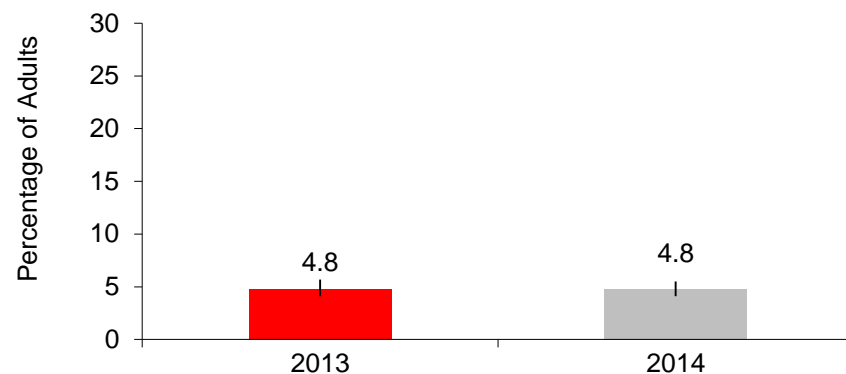


Vaping Trends: Utah Youth vs Adults

Percent of Utah Students (Grades 8, 10, 12) Who Used E-Cigarettes in the Past 30 Days by Year, 2013 and 2015



Percent of Utah Adults (18+) Who Reported Current E-Cigarette Use by Year, 2013 and 2014



Other Harms



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@waytoquit

Nicotine: Known Health Risks

**GIVING UP SMOKING IS THE
EASIEST THING IN THE WORLD.**

**I KNOW BECAUSE I'VE DONE IT
THOUSANDS OF TIMES.**

Known Health Risks

- Nicotine = Highly addictive
- Nicotine Causes:
 - Dependence, body quickly requires more and more for effect
 - Elevation in heart rate and blood pressure
 - Vasoconstriction
 - Elevates respiratory rate
 - Jaw pain, worsen TMJ disorder esp. oral forms
 - Tooth disorders
 - Headache
 - Nausea
 - Hiccups
 - Palpitations, arrhythmia
 - Flatulence, diarrhea
 - Insomnia
 - Chest discomfort

Known Health Risks

- Nicotine Contraindication:
 - Recent MI
 - CAD
 - Arrhythmias
 - Angina
 - Asthma
 - Peripheral vascular disease
 - Pregnancy
 - Insulin dependent DM
 - HTN
 - Hyperthyroidism
 - Pheochromocytoma
 - Renal impairment

Chemicals in Electronic Cigarettes

Forty-Two Chemicals Identified in Electronic Cigarettes

✓ = exposure can be especially harmful to the health. Chemicals in red are emitted in secondhand smoke.

2-butanone (MEK)
2-furaldehyde
Acetaldehyde ✓
Acetic acid
Acetone ✓
Acrolein ✓
Aluminum
Barium
Benzene ✓
Boron
Butanal

Butyl hydroxyl toluene
Cadmium ✓
Chromium ✓
Copper
Crotonaldehyde
Diethylene Glycol ✓
Formaldehyde ✓
Glyoxal
Iron
Isoprene ✓
Lead ✓

Limonene
m,p-Xylen
Magnesium
Manganese
Nickel ✓
Nicotine ✓
N-Nitrosornicotine ✓
o-Methylbenzaldehyde ✓
p,m-Xylene
Phenol ✓
Polycyclic Aromatic Hydrocarbons ✓

Potassium
Propanal ✓
Propylene Glycol ✓
Sulfur
Tin ✓
Toluene ✓
Valeraldehyde
Zinc
Zirconium

Are They a Cessation Aid?

- US Preventive Services Task Force says no
- Not FDA approved like patches and gum
- If they were, insurances would cover it

Are They a Cessation Aid?

- Nearly 60% of current e-cigarette users also smoke cigarettes
- Nearly 15% of current e-cigarette users have never smoked a conventional cigarette
- While adult e-cigarette use rates have risen sharply in the past two years, cigarette smoking rates have remained mostly unchanged



[Home](#) > [UCSF News Center](#) > [E-Cigarettes, As Used, Aren't Helping Smokers Quit, Study Shows](#)

E-Cigarettes, As Used, Aren't Helping Smokers Quit, Study Shows

New Analysis by UCSF Found 'Vapers' Are 28 Percent Less Likely to Stop Smoking

By [Elizabeth Fernandez](#) on January 14, 2016



Electronic cigarettes are widely promoted and used to help smokers quit traditional cigarettes, but a new analysis from UC San Francisco found that adult smokers who use e-cigarettes are actually 28 percent less likely to stop smoking cigarettes.

The study — a systematic review and meta-analysis of published data — is the largest to quantify whether e-cigarettes assist smokers in quitting cigarettes.

The findings will be published online January 14 in [The Lancet Respiratory Medicine](#).



Potential Health Risks

- E-cigs and vaping reinforce the automatic habits of smoking and may hinder quitting
- E-cigs may deliver higher levels of nicotine to you more rapidly and keep you hooked

Smoking Cessation Medications

Nicotine polacrilex gum

- Nicorette (OTC)
- Generic nicotine gum (OTC)

Nicotine lozenge

- Commit (OTC)
- Generic nicotine lozenge (OTC)

Nicotine transdermal patch

- Nicoderm CQ (OTC)
- Nicotrol (OTC)
- Generic nicotine patches (OTC, Rx)

Nicotine nasal spray

- Nicotrol NS (Rx)

Nicotine inhaler

- Nicotrol (Rx)

Bupropion SR (Zyban)

Varenicline (Chantix)

These are the only medications that are
FDA-approved for smoking cessation.

Tobacco Dependence: A Two-part Problem

Tobacco Dependence

Physiological

The addiction to nicotine



Treatment

Medications for cessation



Behavioral

The habit of using tobacco



Treatment

Behavior change program

Treatment should address the physiological **and** the behavioral aspects of dependence.

The 5As

ASK – the patient if she wants to quit

ADVISE – her to quit

ASSESS – willingness to make a quit attempt

ASSIST – her in making a quit attempt

ARRANGE – for follow-up contacts to prevent relapse



**BE THERE
EVEN WHEN
YOU CAN'T BE.**

YOUR ADVICE CAN INCREASE TOBACCO QUIT RATES BY 30 PERCENT.

As a healthcare provider, it's now easier than ever to support your patient's tobacco cessation with help from waytoquit.org.

75% of adult smokers in Utah want to quit, but not enough have access to the information and support they need. That's why you, as a health professional, play such a critical role in the fight against tobacco: simply advising patients to quit increases success rates by 30 percent.

waytoquit.org provides Utah healthcare professionals with a comprehensive resource for cessation information. The website is a one-stop shop with everything you need to talk to your patients: medication & dosage information, educational tools, insurance coverage links, and referrals to free local services.

Talk to your patients about quitting tobacco today; visit the "Healthcare Providers" section at waytoquit.org.

way to [quit](http://waytoquit.org).org



- Utah's on-line resource for info on dangers of tobacco and nicotine use
- Connects Utahns to free resources and services
- Provides healthcare professionals with the resources they need to help their patients quit tobacco use

Utah Tobacco Quit Line

- Toll free: **1.800.QUIT.NOW**
 - Spanish: 1.855.DEJELOYA
- **FREE** for Utah residents (adults and youth)
- Hours – 24/7 every day of the week (except major holidays)
- Quit Guide and supplemental materials for different groups
 - pregnant women, Native American, youth

Utah Tobacco Quit Line

- Services available in English, Spanish and translation in 140 other languages
- Nicotine replacement therapy (patch, gum) for eligible participants
- Up to 5 calls with Quit Coach, can incorporate online counseling and/or text-in option
- Pregnant and post-partum women can receive 10 calls and NRT with a doctor's prescription

Text2Quit

Tailored texts to match each individual's Quitting Plan and profile.



- Up to 300 text messages tailored to an individual's Quitting Plan.
- Coaching call reminders and prompts to connect with a Quit Coach.
- Medication reminders and helpful suggestions
- Tips and games to help manage urges
- Mobile tracking of tobacco usage, urges, cost savings and other measures.

The Referral System

Send FAX referral

Quit Line calls client

Client enrolls, receives materials, NRT

Client receives quit coaching

Outcomes report sent to HIPPA-covered entities

Online Referral

way to quit

1.800.QUIT.NOW

The Utah Tobacco Quit Line provides tobacco cessation services at no charge to your patients. Please complete the form below including both patient information and details about your clinic. Upon receiving the completed form, the Utah Tobacco Quit Line will contact the patient to enroll in our tobacco cessation program. Once your patient has been contacted, you will receive a faxed outcome report.

Patient ID:

* First name:

* Last name:

Gender:

* Date of Birth: (MM/DD/YYYY)

Address 1:

Address 2:

City:

State:

County:

Zip Code:

Primary Language:

Participant Outcome Report

Your Clinic recently referred a patient via the Alaska Tobacco Quit Line Fax Referral Program. This form describes the type of service the patient received through the Alaska Tobacco Quit Line. Please place this in the patient's file.

Clinic Information:

Clinic Name:

Clinic Phone Number:

Clinic Fax Number:

Patient Information:

Participant Name:

Participant Address:

Participant Primary Phone Number:

Participant Date of Birth:

Outcomes:

Status:

Program:

NRT:

Contact Date if Contacted:

Planned Quit Date (If accepted services):

Definitions of Outcomes Listed Above

Status

- **Accepted Services:** Participant was reached and accepted service.
- **Declined Services:** Participant was reached and declined service.
- **Unreachable:** Attempts were made to contact the participant during their best time, but the quitline was unable to reach the participant.

Program

- **General Questions:** Participant inquired about the quitline and its services, but did not opt for an intervention or materials.
- **Materials Only:** Participant requested printed materials only.
- **One-Call:** Participant received a single call intervention with a Quit Coach.
- **Multi-Call:** Participant received an intervention with a Quit Coach and accepted additional proactive calls.
- **Web Only:** Participant enrolled in web-based cessation services.

NRT

- Participant was screened and dosed for the above noted Nicotine Replacement Therapy (patch, gum, or lozenge).

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Online Coaching

The screenshot displays the 'Quit For Life' program interface. At the top, the American Cancer Society logo and program name are visible. A navigation menu includes 'Home', 'Quitting Plan', 'Practices', 'Progress', and 'Community'. A user greeting 'Welcome, Jesse' is in the top right. A notification bar states 'Your Coach added "E-Lesson: Urge Management" to your Quitting Plan'. The main content area features a 'Mini Quits' section with a video of a woman and text about delaying cigarettes. A sidebar on the right shows 'Your Quitting Plan' with a 'Quit Date' of March 5th, 2010, and 'Your Progress' tracking tobacco spending at \$21.00. The bottom section includes 'Recommended Content' with articles on office stress and saying 'no' at bars, and a 'My Community' section with user posts and a 'Share your Success!' section with a testimonial from Jesse Warlick.

Interactive, self-guided Quitting Plan

Rich media and simple text-based content recommended by Quitting Plan / Coach

Progress and milestone trackers populated through web app, mobile apps, or SMS

Coaching call tracker to boost phone engagement (web-phone program)

Integration with social networks and Web Coach community

National Resources

- **National Quit Line Portal**
 - 1-800-QuitNow
- **Smokefree.gov**
- **www.becomeanex.org**
 - Create a profile
 - Three-step plan
 - Ex Quit Plan Guide
 - Online support network

Conclusion

Address ALL tobacco use (including e-cigarettes)
with all patients.

At a minimum,
make a commitment to incorporate brief, evidence-based,
tobacco interventions as part of routine patient care.

Ask, Advise, Assess, Assist, and Arrange

For more information, contact:
Tobacco Free Resource Line: 1-877-220-3466 or
<http://waytoquit.org/healthcare-providers>

Thank You!

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